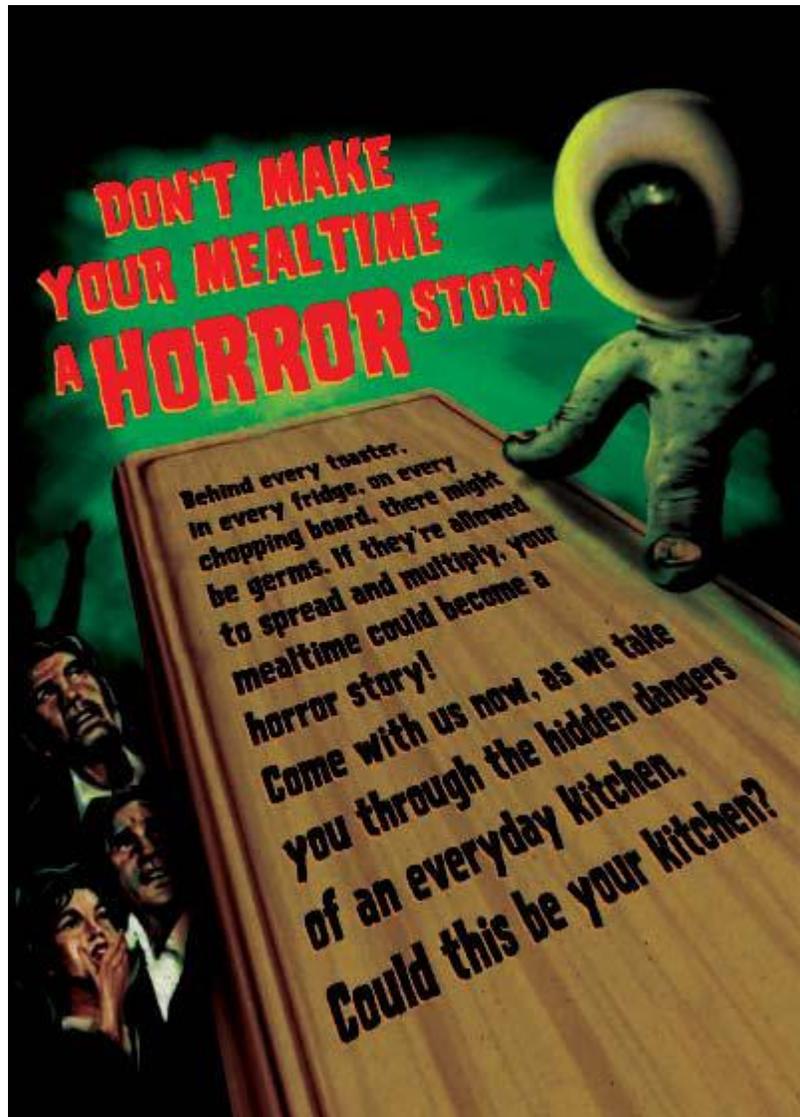


BASIC FOOD HYGIENE

KEYWORTH PARISH COUNCIL



Follow the 4Cs for Food Safety

BASIC FOOD HYGIENE

Introduction

The majority of food poisoning occurs in the home, so it is essential that people are made aware of simple hygiene rules.

Bacteria are all around us as well as on and in our bodies. Most of them are helpful or harmless, however, some cause disease and amongst these are food poisoning bacteria. To prevent food poisoning we need to understand how to control these bacteria. To help avoid food poisoning it's important to make sure the food you make for yourself and other people is safe to eat.

This leaflet explains the basics of food hygiene. You will find practical advice on how to keep food safe from harmful bacteria by following the 4 Cs for food safety:

Cleanliness, Cooking, Chilling, Cross-contamination

Cleanliness

Wash hands well – and always before touching or handling food

Wash and wipe – utensils and surfaces as you go

Put a lid on it – cover all waste and rubbish bins

Do the dishes – at least daily

Germ warfare – use the right materials for cleaning

Cooking

Cooks should always look – at instructions on cooking times and temperatures

Meat needs heat – know which meats must be cooked right through

Stir and stand – when heating liquids in the microwave

Heat then eat – eat your food as soon as it's ready

Don't miss that date – "Use By" dates mean what they say

Chilling

Be a cool mover – use a cool bag to carry food, especially in warm weather

Fridge foods – keep them cold at all times

The fifth C is 5°C – that's the temperature your fridge should be

"D" Frost – thaw foods thoroughly

Chill out time – don't put hot foods in the fridge

Cross-Contamination

Safe and separate – keep raw and cooked foods apart

Use different dishes – and equipment for handling raw and cooked foods

Don't hand them on – stop the spread of dirt and germs

Practice pet and pest control – keep them away from food

Watch it – take jewellery off before preparing food